

INTRODUCTION

The Moontime Harmony Workbook was created to be used as a *work* or *guide* book to encourage a spiritual wellness during your menstrual cycle. It offers *ideas, suggestions* and moontime related *focuses*. It is **not** meant to be a source of information, but a **source of direction** and **inspiration**-things to think about or do.

It is intended to help a wombyn achieve a love and a deeper understanding of her menstrual cycle or moontime. The intention is to illuminate the blessings of the *Blood Mysteries*, the essence of which has been existing in the dark. The goal is to encourage a wombyn to look forward to her monthly cycle because she will know how to be prepared. A wombyn can learn to listen to the voices of her body, emotions and spirit. This will then help her to build the confidence that she needs to know how to trust her own intuitive intelligence and wisdom. This will help to de-mystify and empower her experience.

It is a menstrual map that will aid a wombyn who is lost in painful or undesired moontimes to re-orient her feminine compass so that she can find healing, nurturing and growth each month. It is designed to guide a wombyn for thirteen months, the number of lunar months in a solar year.

Each month has a calendar that you can use to chart and follow your rhythms and needs. Each month has a page or two with spaces to journal, answer questions and places to keep track of your physical and emotional needs. These pages offer guidance to a wombyn to help her achieve balance and awareness of her moontime. It points directions and offers reminders so she can follow her moontime experience. It gives her a place to monitor her moontime needs.

There are suggestions and ideas intended to bring to light a process that will help a wombyn get in touch. It provides spaces to follow your cycles, so you can keep track of what

surfaces. This might include keeping an account of what might need to be released or transformed, old negative painful patterns, fears, taboos, or shame. Sources of possible disharmony and pain, once identified, can often be replaced with positive patterns that will unfold a harmonious moontime.

Each month has a focus that reflects a different aspect of the moontime or feminine well-being. These focuses are meant to suggest ideas to think about; they are often aspects of the moontime that create disharmony. Negative thoughts, practices or conditionings; often the origin of unwanted or uncomfortable moontimes; are looked at from new, healthy perspectives. It is by creating new inner constructs and releasing old, buried fears, images, or beliefs that you can enter into a lighter, joyful and loving relationship with your period or moontime. Once these old patterns are recognized, they can be healed by being replaced by new, positive patterns that will help to unfold a harmonious moontime.

When the lunar light and phases guide a wombyn's experience, moontimes become a spiritual unfolding and an attunement to the Sacred within. Sacred inner worlds emerge, reflecting, like the light of the moon, your own inner Divine energy or connection with the Goddess. As you align with the Blood Mysteries, the essence of the feminine moontime, intuition becomes stronger. Knowing and trusting yourself and your needs becomes clearer. The knowledge of what you require for healing appears and creativity can soar. A wombyn has this opportunity and gift of connection every month. When you do, it's like coming home to yourself.

It is up to a wombyn to reclaim her wisdom and honor her moontime. We are the ones who have to understand that we deserve quiet time or a private space when our blood flows. In cultures that honored the moon lodge and red tent, not just the wombyn, but the entire community accepted and supported that need.

Our fast paced, modern world has forgotten the importance of allowing a wombyn, in her moontime, to commune and reflect with herself. Happily, I see that there is a growing movement to create red tents all around the world where a wombyn can go in order to peacefully and consciously flow during her moontime. It is an important need and right for the health of every wombyn to be able to freely enter a *moonlodge* each month, because it provides the protection she needs physically and psychically while her blood flows. What benefits a wombyn's life will benefit everyone.

So it is time for both wombyn and men to understand that it is vital to a wombyn's health and wellbeing to be allowed the time and space to pay attention to and listen, with respect, to the needs of her body and emotions each month. It enhances her productivity when a wombyn

is allowed to dream, rest, and heal without guilt or stress. A wombyn allowed to commune with the Divine is a stronger and healthier being, more vibrant and alive, and has more energy to give to her family and community, not just herself.

The voice of the feminine must be heard. Not just the feminine that deserves equal pay as men, or equal standards in the military or work force, but the Feminine that creates life. Wembyn need to learn and remember that they are sacred and that the flow of their menstrual blood is sacred, holy and healing. Menstruation is *not* a disease, curse or a syndrome. A syndrome is a collection of symptoms that characterize a disease or abnormality and menstruation is not a disease. It is a natural and healthy part of being a wombyn and the rhythm of procreation.

Moontime is a regular, normal, cyclic occurrence of the female body for the purpose of shedding the old, connecting within, focusing on healing, listening to your spirit, renewing as well as being part of the rhythm of procreation. When these natural rhythms and flows are blocked, it creates disturbances or *syndromes* of pain like PMS.

A wombyn can unblock and remove the sources of those disturbances and give healthy attention to the needs of her body, mind and spirit. Learning and remembering how important it is to provide yourself with proper nutrition, rest and exercise-not just during your moontime-but especially during your moontime, are among some of the tools that will help to unblock what stops or blocks the flow.

It is time to transform the disharmonious pain, shame or guilt into the harmonious, sacred, joyous, and illuminated. It is time to love coming home to your own spirit each month. It is time to accept that drifting and dreaming are part of the rhythm and that it will bring you closer to your unconscious, to the void where the Goddess and Divine dwell within. It is time that we honor and rejoice in our inner connection, which is a source of healing and a path to becoming whole. It is time to remember what the Blood Mysteries are really about. It is time to reclaim the essence of the Moontime and Divine Feminine because this is your birthright!

